

Wisconsin Family, Career and Community
Leaders of America

3, 2, 1 . . .SUCCESS

STAR Events Start-Up Pointers

Designed for chapter members and advisers.

Students **T**aking **A**ction with **R**ecognition (STAR Events) are competitive events in which members may demonstrate their knowledge and skills. STAR Events encourage members to:

- develop leadership
- conduct community service projects
- explore teen issues, and
- pursue career pathway.

This brochure is a guide to help members plan and develop their STAR Events project. “3, 2, 1 . . . Success” may be used by both middle and high school members. There are many ways to put together a successful STAR Event; these are some suggestions to help you get started.

Why do a STAR Event? Here are some thoughts from former state officers:

- gain confidence
- meet new people
- feel good about accomplishments
- builds self-esteem
- travel to new places
- earn recognition
- enjoy spirit of competition, and
- contributes to high school portfolio.

10 Individual or Team Event?

One of the first decisions will be if you choose to do an individual or team event. Events designed for one person only are indicated with an arrow.

You will notice many events provide the option of doing it as an individual or team event. There are written in *italics*.

National Events

Applied Technology

⇒ Career Investigation

Chapter Service Project

Chapter Showcase

⇒ Culinary Arts

⇒ Early Childhood

Entrepreneurship

Environmental Ambassador

⇒ Fashion Construction

⇒ Fashion Design

Focus on Children

Food Product Development

Hospitality

Illustrated Talk

Interior Design

Interpersonal Communication

Life Event Planning

⇒ Job Interview

National Programs in Action

Parliamentary Procedure

Promote & Publicize FCCLA!

⇒ Recycle & Redesign

⇒ Teach & Train

State Events

⇒ Adv. Food Preparation, Terms & Math

⇒ Basic Food Preparation, Terms & Math

⇒ Career Pathway Portfolio

Child Services Lesson

⇒ Food Garnish & Presentation

⇒ FCCLA Creed Speaking

⇒ Outstanding Chapter Member Portfolio

⇒ Pastries & Baked Goods

Read over the brief descriptions of events located at the front of the Wisconsin and national STAR Events manuals. The state manual is located online at <http://www.dpi.wi.gov/fccla/index.html>.

The national manual is online at www.fcclainc.org.

Please note: You register for Culinary Arts as an individual from your chapter and are assigned to a team the day of the events.

9 FCCLA Planning Process

FCCLA focuses on youth centered leadership. The FCCLA Planning Process enables members to determine group action in a chapter, FACS class, or to individually carry out a project.

The planning process helps members identify their focus or goals and see the “bigger picture” by identifying concerns. Use the following five steps when planning a STAR Event project.

Identify Concerns

Brainstorm to generate ideas or state the concern/problem you want to address if already determined. Evaluate your list and narrow it down to a workable idea or project that interests you (or your team).

Set A Goal

Get a clear mental picture of what you want to accomplish, and write your ideas down as your goal. Make sure your goal is one that can be achieved and evaluated. Consider resources available to you.

Form A Plan

Decide what needs to be done to reach your goal. Figure out the who, what, where, when, and how. List the abilities, skills, and knowledge required on your part. List other available resources, such as people, places, publications, and funds. Make a workable timetable to keep track of your progress. List possible barriers you might face, and develop plans if necessary. Decide ways to recognize your accomplishments along the way.

Act

Carry out your group or individual plan. Use family and community members, advisers, committees, task forces, and advisory groups when needed.

Follow Up

Determine if your goal was met. List ways you would improve your project or plan for future

reference. Share and publicize your efforts with others, including the media if appropriate. Recognize members and thank people involved with your project.

Let's look at project ideas for three STAR Events.

Interpersonal Communication

- ◆ Learn about & use stress reduction techniques
- ◆ Set up personal planner & use regularly
- ◆ Work out communication roadblock(s) with friend
- ◆ Exercise regularly
- ◆ Get along better with brother/sister
- ◆ Help family members deal with a family challenge
- ◆ Spend quality time with parent(s)
- ◆ Practice conflict resolution techniques with your family
- ◆ Replace bad habit with positive alternative

Chapter Service Project

- ◆ Fire Safety Fair for children
- ◆ Sponsor “STOP the Violence” workshop
- ◆ Collect pop can tabs to benefit cancer research
- ◆ Make “Care Kits” for abused children
- ◆ Sponsor a Family Fun Night
- ◆ Clean up community park
- ◆ Help set up a teen crisis hotline
- ◆ Assist at Ronald McDonald House
- ◆ Conduct “Coats for Kids” collection

Illustrated Talk

- Teen Athletes & Steroid Use
- Date Rape
- Child Abuse / Neglect
- Teen Suicide
- Homelessness
- Depression
- Alcoholism
- School Violence
- Peer Pressure
- Divorce/Separation

- Eating Disorders
- Self-Mutilation
- Gangs
- Technology Piracy

8 Time Management & Deadlines

STAR Events are in-depth projects. In other words, members may work for weeks or months to complete their event. You may use FACS class time to work on STAR Events and also schedule time in your planner/palm pilot to work towards your goals.

Get organized! Use a planner or calendar – outline what you need to be doing each week to complete your STAR Event on time.

Ensure that your chapter, state, and national dues are paid prior to regional STAR Events Meeting (during February).

Other deadlines you and your adviser will need to meet include:

- ✓ Regional STAR Events meeting registration deadline.
- ✓ State Leadership Conference STAR Events registration deadline
- ✓ Entries for STAR Events at National Leadership Conference due in WI end of April.

It is always a good idea to check the WI FCCLA website weekly for new info regarding STAR Events.

STAR Event projects are to be the result of work during the current school year. Therefore a project may start on July 1 and end by June 30 of the following summer.

Regional STAR Events Meetings are organized by a committee of chapters from each region. Help them run an efficient meeting by completing all registration materials on time. This includes sending the necessary fees and signed participation forms to the regional registration chairperson.

Members that earn a gold rating at a regional STAR Events Meeting will be eligible to

compete at the state level in April. The first year a new STAR Event is introduced it will not be part of a regional meeting – participants will register to compete at state conference.

Chapter advisers usually are coaching several STAR Events participants at the same time. Schedule time to meet with your adviser in advance so they know you are counting on them. Know what you want to accomplish when meeting with your adviser.

7 Family & Consumer Sciences Education

FCCLA Chapters are an extension of the learning that takes place in Family & Consumer Sciences (FACS) classes. FCCLA puts theory into practice with student planned and implemented projects. The following examples demonstrate the connection of STAR Events to national standards taught in FACS classes. It is a good idea to use class time for STAR Events.

Applied Technology

- 1.0 Career, Community, & Life Connections
- 2.0 Consumer & Family Resources

Culinary Arts

- 2.0 Consumer & Family Resources
- 8.0 Food Production & Services
- 9.0 Food Science, Dietetics, & Nutrition
- 13.0 Interpersonal Relationships

Early Childhood

- 1.0 Career, Community, & Life Connections
- 2.0 Consumer & Family Resources
- 4.0 Education & Early Childhood
- 12.0 Human Development
- 13.0 Interpersonal Relationships

Interior Design

- 2.0 Consumer & Family Resources
- 11.0 Housing, Interiors, & Furnishings

Recycle & Redesign

- 1.0 Career, Community & Life Connections
- 2.0 Consumer & Family Resources
- 3.0 Consumer Services

11.0 Housing, Interiors, & Furnishings
16.0 Textiles, Fashion, & Apparel

Using FACS classes as a launching pad for your STAR Events helps utilize the resources available and pursue a special interest you may have. Talk with your FACS teacher / FCCLA adviser about this.

Special Note: For additional info illustrating how FACS classes based on the national standards may be integrated with STAR Events refer to page 21 of national STAR Events guidelines.

6 21st Century Skills

STAR Events help prepare us to live, learn, and work in a global, digital world. When working on a STAR Event identify which of the 21st Century Skills you are developing. These skills are grouped in four categories and include:

Inventive Thinking

- ❖ Adaptability/Managing Complexity
- ❖ Self-Direction
- ❖ Curiosity
- ❖ Creativity
- ❖ Risk Taking
- ❖ Higher-Order Thinking & Sound Reasoning

Digital-Age Literacies

- ❖ Basic Literacy
- ❖ Scientific Literacy
- ❖ Economic Literacy
- ❖ Technological Literacy
- ❖ Visual Literacy
- ❖ Information Literacy
- ❖ Multicultural Literacy
- ❖ Global Awareness

Effective Communication

- ❖ Teaming & Collaboration
- ❖ Interpersonal Skills
- ❖ Personal Responsibility
- ❖ Social & Civic Responsibility
- ❖ Interactive Communication

High Productivity

- ❖ Prioritizing, Planning, & Managing for Results
- ❖ Effective Use of Real-World Tools

❖ Ability to Produce Relevant High-Quality Products

STAR Events that require examples of school-based learning and work-based learning will be more complete when related to 21st Century Skills. These events include:

- Career Investigation
- Career Pathway Portfolio
- Early Childhood
- Food Garnish & Presentation
- Hospitality
- Job Interview
- Outstanding Chapter Member Portfolio
- Teach and Train

For more info regarding 21st Century Skills check out www.ncrel.org/engage.

5 FCCLA National Programs

FCCLA provides many national programs that can be used for STAR Events Projects. These include:

- Career Connection
- Community Service
- Dynamic Leadership
- FACTS (Families Acting for Community Traffic Safety)
- Families First
- Financial Fitness
- Japanese Exchange
- Leaders at Work
- Power of One
- STOP the Violence (Students Taking On Prevention)
- Student Body

Using these national programs to help you plan a STAR Event will provide you with a valuable resource. Here are examples of relating STAR Events to FCCLA national programs.

Interpersonal Communication

The panel discussions on the impact of technology on personal relationships could be an outgrowth of a Power of One (Family Ties module) or a Families First project.

Chapter Service Project

The special options day “Fitness Is For Everyone” could relate to Student Body, Power of One (A Better You module), Families First, or Dynamic Leadership.

Illustrated Talk

The sexual harassment talk relates to the Power of One (Working on Working module), Career Connection, or Leaders at Work.

4 Presentation

Most events require members to give a presentation to explain their project. Let’s look at the three STAR Events highlighted in this brochure.

Interpersonal Communication:

Presentation may be up to 5 minutes in length, review case study for 10 minutes and give response that will not exceed 5 minutes

Chapter Service Project:

Presentation may be up to 10 minutes in length

Illustrated Talk:

Presentation may be up to 10 minutes in length

Check the STAR Events Manual for individual event time specifications.

When organizing a presentation, outline it first. The major parts may include:

- Opening – catch their attention
- Introduce yourself
- Organization of talk (list the parts)
- Body (parts of planning process)
 - Identify Concern
 - Goals of Project
 - Plan—who, what, where, etc.
 - Act
 - Follow-Up
- Accomplishments
- Closing.

How do you make a presentation interesting? Using a theme creates interest. Themes may be based on movies, music, cartoon characters, era, etc. Avoid “tongue twisters”.

Pointers when writing/practicing presentation include:

- ✓ Keep sentences short & concise
- ✓ Speak loud enough
- ✓ Practice good posture
- ✓ Include gestures
- ✓ Pronounce words clearly
- ✓ Use frequent eye contact.

Notes may be used. The less you rely on notes the more eye contact you will have.

3 Questions & Answers

Be prepared to answer questions the evaluators may ask you regarding your project. Brainstorm with your adviser a list of potential questions. Practice answering these. Try to enhance your answers by giving examples.

Here are some questions you can use for practice.

⇒ Why did you select this STAR Event?

⇒ How did you use the FCCLA Planning Process?

⇒ What was the most challenging part of this event?

⇒ How does your project relate to the FCCLA purposes?

⇒ What did you learn from doing this event?

⇒ If you could change one part of this project what would it be? Why?

⇒ Which 21st Century Skill(s) did you develop or refine during this project? How?

⇒ How did this project help you become a stronger family member, community leader, or employee?

⇒ How does this project relate to FACS class(es) you have been in?

When a question is unclear to you ask the evaluators to restate the question or reword it.

Speak clearly and loud enough to be heard by your evaluators. It is advisable to take some “think time” to organize your thoughts before beginning your answer.

When the Q & A has been completed it is a good idea to thank the evaluators for their time.

2 Preparing Visuals

STAR Events often require a display, manual, display board, portfolio, or other type of visual.

Check the STAR Events Manuals for specific event rules. Manuals will have page limits and display dimensions are specified. Let’s look at some examples.

Interpersonal Communications

Only visuals that were used during the “ACT” step of the planning process for this project may be used during the oral presentation. Audio and/or video recordings are not allowed in this event.

Chapter Service Project

Choice of display or manual. Free standing display no more than 48 inches deep by 60 inches wide and 72 inches high or table-top display not more than 30 inches deep by 48 inches wide by 48 inches high. Participants may not carry in additional visuals or props for the oral presentation. The display or manual may be used as a visual during the oral presentation, but movement of the display during the presentation must occur within the original dimensions only. This includes handouts, samples, etc.

Illustrated Talk

Visuals/props may include posters, charts, slides, transparencies, presentation software, puppets, etc. Audio recordings are limited to 1 minute playing time during the presentation. Video recordings are not permitted.

Visuals need to illustrate the work you have accomplished. Helpful suggestions for making visuals include:

- ♦ bright colors are attention-getting
- ♦ combine words/pictures/graphics
- ♦ contrasting colors draws attention
- ♦ plan “white space”, not crowded
- ♦ colors have psychological overtones, select colors that fit the topic
- ♦ using only black & white is dramatic
- ♦ plan on one focal point
- ♦ most common display formats are step, pyramid and zigzag.

No matter what type of visual you prepare for STAR Events these are reminders:

- ◆ neatness counts
- ◆ all spelling accurate
- ◆ correct grammar & punctuation
- ◆ accurate capitalization

Laminate when possible to make posters and other hard-copy visuals waterproof.

1 Folder of Materials

STAR Event guidelines often state participants must prepare a file folder for evaluators with typed information inside.

Several events require a project identification page. This consists of one 8 ½ inch by 11 inch page at the front of a document or display containing headings specifically called for by event rules.

Check your event guidelines in the STAR Event Manuals. These are examples of what might be required;

Interpersonal Communications

One letter-size file folder containing three identical sets, with each set stapled separately, of the project identification page, FCCLA Planning Process summary page, and works cited/bibliography.

Chapter Service Project

No file folder required. Each display must include a project identification page and a FCCLA Planning Process summary page.

Illustrated Talk

One letter-size file folder containing three identical sets, with each set stapled separately, of the project identification page, FCCLA Planning Process summary page, outline of presentation, documentation of 3 prior presentations of the Illustrated Talk to different audiences, and works cited/bibliography.

State Events

The file folder with the typed copies of information need to be labeled in the upper left-hand corner with:

- Event & Category
- Participant Name
- Chapter
- School
- City

An example of this information looks like this:

Illustrated Talk, JR
Tom Jones
WI Dells FCCLA
WI Dells High School
WI Dells

National Events

The file folder with the typed copies of information need to be labeled in the upper left-hand corner with:

- Event & Category
- Participant Name
- State, National Region (WI = Central)

An example of this information looks like this:

Illustrated Talk, JR
Tom Jones
WI, Central

Note that Wisconsin rules differ from national guidelines on file folder label information. No points will be deducted for participants who follow the national guidelines for file folder information in a state event.

Bibliographies are a documented list of resources you used. Resources may include info from interviews, websites, “1-800” numbers, help lines, documentaries, etc. Bibliographies use a set format. Check with a Language Arts teacher or IMC director for help.

Keep track of resources as you go along. You are less likely to miss listing a source you used.

Checklist for Participants

- ☐ Ensure that your chapter, state, and national dues are paid prior to regional STAR Events meeting.
- ☐ Choose an event.
- ☐ Read through the rules carefully.
- ☐ Check all guidelines and Allowable Presentation Elements (Does your event allow audio, costumes, props, etc.?)
- ☐ Complete all parts of the project. (oral presentation, portfolio, display, manual, etc.)
- ☐ Be sure to read the glossary for more clarification of italicized words.
- ☐ Look over your event’s rubric and Point Summary form, and double check that you have covered all required criteria.
- ☐ Go through all rules again with your adviser, to make sure you have completed everything that is required.
- ☐ Practice going through your STAR Event many times to assure precision and quality. Have someone critique your materials and your performance, and consider incorporating their suggestions.



